

SobrietyWoD Class 16
The Great Pyramids pt. 1

Maslow's Hierarchy of Needs



CrossFit's Fitness Pyramid



WoD

2 Rounds For Time:

- 200m DB Farmer's Carry
- 20 DB Walking Lunges
- 20 DB Burpees

Time: _____

SobrietyWoD

What load are you carrying around that might be keeping you from your potential?
